

## LUNCH AND LEARN - Celebrating Your **Sixties!**

### First in an Educational Series

Independent Transportation Network (ITNStCharles) and Breeze Park invite you to join us for the first in an educational series called “Celebrating Your Sixties” at Spencer Road Library, St. Peters, MO. Our complimentary Lunch & Learn will feature two attorneys, Debra K. Schuster and Terry Bond, who will share important information about “Smart Legal Strategies – Why It’s Important to Plan Ahead”. Lunch is sponsored by Coventry Health Care.



ITNStCharles is committed to helping older adults maintain their independence and ensure St. Charles County residents always have a choice for safe, reliable transportation in private automobiles. Our door through door, arm in arm services is subsidized by corporate sponsors, grants, grass-roots community support (in the form of volunteers) and private donations.

Breeze Park, a continuing care retirement community, was instrumental in the development and start-up of ITNStCharles and continues to be a huge supporter of dignified transportation in our community. Since Breeze Park is dedicated to supporting independent and supportive living, it makes sense for the two organizations to collaborate to bring trusted advisors to the community to share reliable strategies for successful aging.

Our featured legal experts will define elder law, discuss the benefits of “life care planning” and highlight some of the legal “gotchas” that cause families stress when their loved one fails to plan ahead. Simple strategies for leaving a legacy will inspire you to make a meaningful difference in the lives of others.

Space is limited – please call 636-329-0888 to RSVP

**Thursday, June 28**

**11:30 a.m. – 1:00 p.m.**

Spencer Rd. Library

427 Spencer Rd.

St. Peters, MO 63376

**Complimentary lunch included!**

1757 Old Highway 94 South, Suite 206

St. Charles, MO 63303

Tel: 636.329.0888

www.ITNStCharles.org Email: Info@ITNStCharles.org

## A Note from Our Executive Director



Serving as the Executive Director for ITNStCharles for the last nine months has been a rewarding experience. I have had the opportunity to meet so many of the ITN family, customers and volunteers, and look forward to meeting everyone in the near future. We are a growing organization and did a record number of rides, 430 to be exact, in May. We couldn't do it, of course, without our wonderful customers, our exceptional volunteers and our awesome donors, so a **BIG THANK YOU** to everyone!!!

Besides my transition into the organization, we have transitioned to a new Logistics/Mobility Manger, Theresa (Terri) Giancola. She is excited to be on board and has quickly gotten to know our customers and volunteers. Chris Schulte has returned to flying, we wish him well, and thank him for his caring, thorough attitude and work ethic for the past two years that helped ITNStCharles grow. Terri and I look forward to our continued growth, please let us know if we can be of assistance.

Susan Kallash-Bailey

### Is Your Car Lonely?

Your car means independence. But what if you haven't actually driven in many months or no longer have the ability to drive safely? The reassurance of knowing your car is in the driveway can become expensive. Insurance alone costs several hundred dollars a year, and unlike a home, an automobile depreciates in value. So every day your car sits in the driveway, it's worth less. If you have a good car, one you've maintained for years with value you'd like to retain, you should talk to



ITNStCharles to trade it in for rides. You may also decide to donate the car rather than trade it in for miles. By making the tax-deductible gift of your car, you're helping to support safe mobility for seniors and the visually impaired. We rely entirely on community support and do not use tax dollars so we appreciate your donations.

### Supply Wish List

- ◆ Gas Cards
- ◆ Postage Stamps
- ◆ Office Supplies- paper, ink cartridges, post-it notes, 3-hole punch
- ◆ Gift Cards to office supply stores
- ◆ Cleaning Supplies
- ◆ Volunteer-drivers and office volunteers
- ◆ In-Kind donations of: print and radio advertisements.

### Volunteers

Volunteers are needed to help keep fares affordable. If you know someone who might be interested, please ask them to call or send us their contact information.

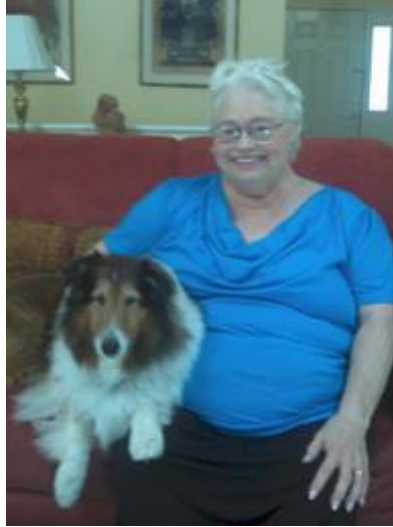
Volunteers earn ride credits that they can save for their own future use, or donate to a parent or friend.

If you recommend a new volunteer who provides rides, you will receive a \$10 credit to your account Refer a volunteer driver and earn a free ride (worth \$10). As soon as your referral delivers their first ride, ITNStCharles will credit \$10 to your Personal Transportation Account™. Make sure they tell us you referred them when they apply.

Next Volunteer Training: June 21 at 6:00 p.m. or June 22 at 10:00 a.m.

## Featured Rider—Ann Milster

There are times in life when adjustments must be made that are “life changing”, and that time came for Ann in January of 2010. She realized her driving was endangering herself and others, but she was worried; was her life, as she had known it, over? How can she be independent? Volunteering for OASIS as a tutor for school children, FISH (Friends in Serving Him) and the American Cancer Society were an important part of her independent lifestyle that would not be possible if she was no longer able to drive.



Although Ann has three sons who are wonderful and supportive, they have jobs, families, and responsibilities that make it difficult for them to be available when she needs transportation. They take her to the library and shopping every week, but she also enjoys swimming at the YMCA three times a week, has occasional doctor visits and wanted to remain active. She did not feel she could ask them to leave work to take her to all the places she wished to go.

Ann decided to research transportation alternatives, spending quite a bit of time on the phone, and had the good fortune of locating ITNStCharles. This was exactly the solution she needed and sums up her experience by saying, “I have found ITN to be courteous, on time, and helpful. As an extra bonus I have interesting conversations with the drivers. I enjoyed discussing my son’s recent trip to China and the differences between the daily lifestyles in China and the United States. My interest in both anthropology and history has led to some wonderful discussions. Because of ITN I am going places, meeting people, and living my life. My life as I have known it....is not over!”

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Want to submit items for future newsletters? Send your stories, announcements and photos to:

Theresa.Giancola@itnstcharles.org

Deadline for the Fall issue August 22, 2012

### Audio Book of the Month

#### **Keep Your Brain**

**Alive:** Neurobic

Exercises to Help

Prevent Memory Loss

and Increase Mental

Fitness: By Lawrence

Katz & Manning Rubin

An active brain is a

healthy brain! Fun and

easy exercises to keep

the mind fit to meet

any challenge.

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### **Quote of The Day**

“Wrinkles should merely indicate where smiles have been.”

Mark Twain

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### **Gift certificates for Father’s Day!!**

Gift certificates look good on everyone. Give one for a ride, it never expires, can’t be a duplicate... and can be used for practical reasons or for fun, there are no limits. Simply give us a call and we will create an account or certificate. 636.329.0888.

If you would like more information about ITNStCharles or wish to make a donation, please fill out the following form and return it to:  
1757 Old Highway 94 South Suite 206 St. Charles, MO 63303

Please consider becoming a "Friend of ITNStCharles" and supporting safe, dignified, affordable transportation for elders and the visually impaired.  
To become a Friend of ITNStCharles simply fill out the following form and mail it, along with your check, to ITNStCharles.

Please make checks payable to ITNStCharles

\$50 to become a member-donor  
 Additional tax-deductible donation: \_\_\_\_\_

- I would like more information about becoming a member of ITNStCharles.
- I would like more information about becoming a Volunteer Driver.
- I would like more information about becoming an office volunteer.
- I am making a tax-deductible donation to ITNStCharles.

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City, Zip: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email: \_\_\_\_\_ Preferred Method of Contact: \_\_\_\_\_

1757 Old Highway 94 S  
Suite 206  
St. Charles, MO 63303

Dignified transportation for seniors

